



"Our mission is to help assure every child a father they can count on, no matter what."

Bob Ruthazer, CFLE

LeMar Bowers

First Things First

288-3431 x-13

www.firstthingsrichmond.org



Strengthening families for a better community...

COLLABORATION OBJECTIVES

- **Partner with Local Hospitals**

HCA Henrico Doctors + CJW, Richmond Community, Bon Secours Center for Healthy Beginnings, VCU Hospital, VA Women's Center (St Mary's Memorial Regional)

- **Implement Unique Program**

- **Bring Out the Best in New Dads**

- **Develop Role Models and Mentors for Fathers in Our Community**

: Trained Coaches, Veteran Dads, Fatherhood Support Group

- **Serve all fathers (across socio-economic)**

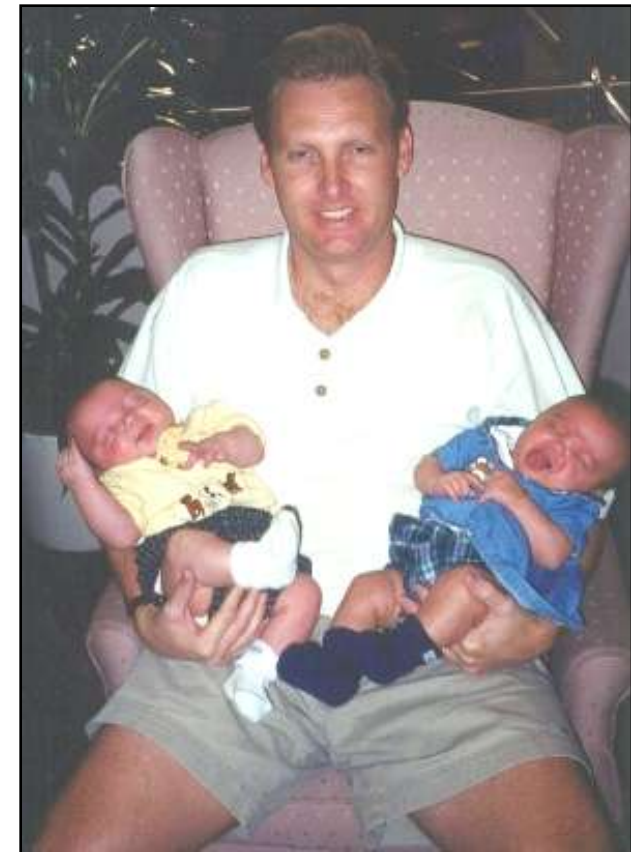


BOOT CAMP FOR NEW DADS

Bringing Out the Best in New Fathers

History

- An immediate success.**
- Operated as “hobby” at local hospital for six years.**
- Discovered by media, leading to requests from other hospitals.**
- Replicated at United Hospital in Grand Forks, North Dakota (1996).**
- US Navy Southwest Region (2000).**
- Expanded to Liverpool, England '07**
- FTF Richmond June 2007**
- On track for 400 in 2011 in 7 hosp.**



BOOT CAMP FOR NEW DADS

Bringing Out the Best in New Fathers

Participants

- **Rookie fathers-to-be**
- **Veteran new dads (3)**
- **2-12 month old babies**
- **Coach (2)**
- **All dads regardless of cultural, economic or age levels**



BOOT CAMP FOR NEW DADS

Bringing Out the Best in New Fathers

Topics Discussed In Workshop:

- **Forming Families**
- **Communication**
- **Team Work**
- **New Moms**
- **New Babies**
- **Long Work Hours**
- **Safety**



BOOT CAMP FOR NEW DADS

Safety

- The majority of traumatic injuries to children are accidental and could have been prevented.
- The excuse used most in Shaken Baby situations is *"I DIDN'T KNOW"*.
- At Boot Camp strong emphasis is placed on:

Proper Baby Holds

Controlling your Anger

Making your Home Baby Safe

Shaken Baby Syndrome

Car seats

Product Safety

BOOT CAMP FOR NEW DADS

Bringing Out the Best in New Fathers

Lessons Learned

- **Veteran dads make great role models and mentors.**
- **Men are very receptive to advice as they become fathers.**
- **Information from veterans that fathers can trust is essential.**
- **Men teaching men the ropes is a very effective formula.**



BOOT CAMP FOR NEW DADS

Bringing Out the Best in New Fathers

Lessons Learned

- **Dads of all ages, creeds, colors, economic status, etc. learn from each other.**
- **Patterns of involvement with children, both good and bad, are set early.**
- **Humor is often the best anti-dote to the stress of change as men become dads.**



Groups around Veterans

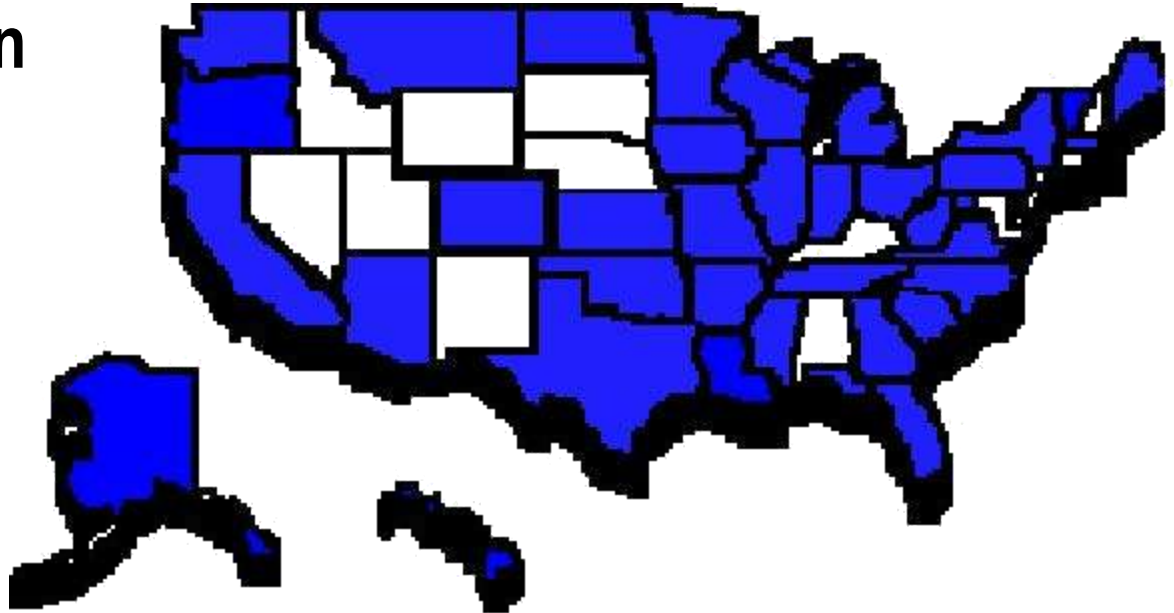


BOOT CAMP FOR NEW DADS

**Over 260 Communities in 45 States, the Military, Japan
Sicily and UK!**

**For More Information
Call BCND
Headquarters at
(949) 754-9067 or**

**First Things First
(804) 288-3431**



[WWW. BCND.ORG](http://WWW.BCND.ORG)

[www. firstthingsrichmond.org](http://www.firstthingsrichmond.org)

First Boot Camp Richmond June 2007



"Rookie Handoff"



Rookies and Vets with Coach



Coach LeMar hands off Keziah



Anthem President Tom Byrd

Celebrate Fatherhood



Other Programs Relationship skills
– Healthy Marriage

Need for success

- Full partnership with hospital
- Referrals from childbirth classes & tours
- Listing with offered classes (on line and print)
- Promotion to OB/GYN Partners
- Publicity in hospital and joint PRESS RELEASE
- Support for our fund development: LOS etc
- Space for class

***We need to raise additional community
partners and funding...***

**QUESTIONS
&
COMMENTS**

***Will you help us Strengthen Families for a
Better Community***

Bob Ruthazer, CFLE

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